

# SOKOL TIMES

FEBRUARY 11, 2010

PUBLICATION FOSTERING FRATERNAL, CULTURAL &  
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## From the President's View

Many times people hear the words fraternal or fraternalism and often wonder what they mean. Sokol USA is a fine example of a fraternal society.

In the 19<sup>th</sup> and early 20<sup>th</sup> centuries before Social Security, Workmen's Compensation, and other programs, there were no safety nets available for a family who encountered the unexpected death or disability of a loved one. Many of the early immigrant groups such as the Slovak Community worked in, what were in those times, dangerous occupations such as coal mining, metal smelting, and the steel industry. These were considered such ultra hazardous activities that before the 1920s, community insurance companies refused to insure people employed in these fields.

As a result, many immigrant groups formed fraternal benefit societies so that, in the event of a tragic accident or untimely death, the benefits paid by the fraternal benefits society would cover the cost of a funeral or

support the family of the deceased member.

It was in this context that the Lodge System came into being. As time passed, the internal activity and direction of many fraternal societies changed. Often the scope of fraternal societies grew well beyond the initial direction of being a burial or life insurance society. Many groups embarked on charitable projects and did community betterment activities and many other things which were of interest to their membership.

Sokol always had a special focus. Sokol's special focus came from the vision of its founder Miroslav Tyrš. He used the slogan "A sound mind in a sound body" to promote the ideals of Liberty, Equality and Brotherhood. These were the core ideals in the Sokol Movement when it was founded in 1862 and which the early immigrants brought with them to America.

Sokol USA has always used sports as one of its central

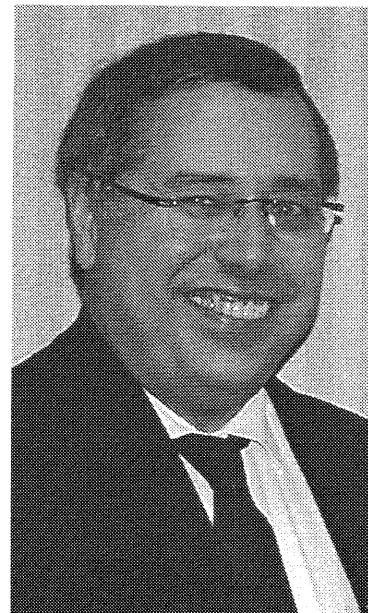
fraternal activities. Historically, the Lodges came together and their members had their fellowship through Lodge meetings and the Sokol sports program. Through Sokol sports, people had the opportunity to meet people in other cities and compete in other parts of the country.

As time has passed, many Lodges no longer have their own halls or gym facilities. However they continue to meet and, through their meetings, promote valuable aspects of fraternalism. Many Lodges do programs for National Join Hands Day. Many Lodges offer activities for their members such as holiday parties, lectures, and volunteer activities in their local communities.

Fraternalism can also be promoted among the individual Lodge membership. For example, recently my mother was gravely ill. During this time, I had to perform the task of taking down the Christmas tree and decorations in the Czechoslovak

Nationality Room at the University of Pittsburgh. Sokol USA Lodge 16 members John and Justine West phoned me and asked if I had anyone to help me do this task. When they learned that I was the only one scheduled to do this, they told me to go visit my mother in the hospital and that they would do this task. This is a perfect example of the values of fraternalism present in each and every Sokol USA Lodge.

In this New Year 2010, I encourage all of our Sokol Lodges to reflect on fraternalism and to make their fraternalism visible in their Lodges and their communities. This can be done in a many number of ways. For example, many Sokol members can participate in the new Healthy Heart Walking Club. Lodges can exhibit fraternalism to their fellow members by sending get well cards to ill Lodge members. Lodges can also engage in social or educational programs for their members. They can also reach



Joseph Bielecki

out to their community and make Sokol's fraternalism visible by doing volunteer activities as a Lodge in their local communities.

Show the Sokol values and the wonderful spirit of fraternalism in your Lodges and in your communities!

NAZDAR  
Joe Bielecki



## Sokol's Healthy Heart Walking Club

My name is Jennifer Moulton and I have been walking for a little over a month. When I got my pedometer, I made the mistake to show my children. They both quickly took them and put them to use. I eventually got them back and started to walk.

I do have a few pointers for all of you that are just starting:

1. Consult your doctor to make sure a walking program is right for you.
2. Start with a short-term goal. For example, walk 10 to 15 minutes every day and build yourself up to longer amounts of time.
3. Doctors say that we should exercise at least 2½ hours a week. It does not have to all be at once. So break it up into increments that are right for you. Remember, you need to walk briskly enough to increase your heart rate and breathing, but not so fast that you can't talk comfortably.
4. Stay motivated by using your pedometer and walking with a friend.
5. Wear comfortable clothes and drink water.

For those of you that are interested in joining, please contact:

Brandi Kovac  
188 Norfolk St., Apt 1H  
NY, NY 10002

OR e-mail [BKKovac@aol.com](mailto:BKKovac@aol.com)

Let's all get involved and start walking in the newest Sokol club.

Jennifer Moulton  
Fraternal & Cultural Activities Chairperson

**Looking for a fun way to burn off  
the extra 2009 holiday calories?**

**What about those extra calories  
from 2008?**

**Announcing Sokol's newest club!**

## Healthy Heart Walking Club

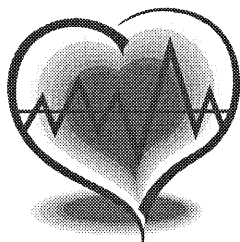
**Reduce your stress level**

**Control your weight**

**Lower your risk of heart disease**

**Control your blood pressure**

Sign up for Sokol's Healthy Heart Walking Club  
by sending your name, mailing address and  
home lodge to:



Brandi Kovac  
188 Norfolk St., Apt. 1H  
New York, NY 10002  
OR email: [BKKovac@aol.com](mailto:BKKovac@aol.com)



*You will receive a free Sokol pedometer and a Healthy Heart  
mileage chart. You are responsible for recording your mileage – walk  
with fellow Sokol members, or on your own. Contact Brandi  
when you reach a milestone and get a reward!*

# SOKOL TIMES

official organ of the  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE USA

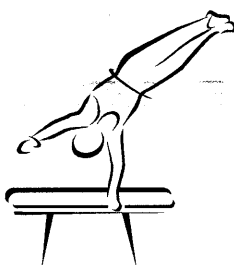
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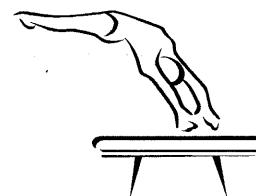
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## GYMNASTICS COMPETITIONS!



Whether you're getting ready  
to compete, or getting ready to cheer  
on our athletes, here are some  
upcoming gymnastics competitions  
to put on your calendar:



**March 20, 2010: District MM Hodza competition** at the Boonton Sokol Hall:  
Sokolads, Jr. Boys and Sr. Men: warm-up at 10am, competition at 11am.  
Sokolettes, Jr. Girls and Sr. Women: warm-up at 1pm, competition at 2pm.

**April 24, 2010 – United Sokols of the East competition** at the American Sokol  
Hall in New York City:  
Sokolettes, Jr. Girls and Sr. Women: warm-up at 8am, competition at 9am.  
Sokolads, Jr. Boys and Sr. Men: warm-up at 1pm, competition at 2pm.

## NOTICE

### ANNUAL MEETING SUPREME LODGE SLOVAK GYMNASTIC UNION SOKOL USA

**March 11, 12, 13, 2010**

**Finance Committee**  
**Thursday, March 11, 2010**  
**at Headquarters at 9:30 AM**

**Friday, March 12, 2010**  
**at Boonton Sokol Hall 9 AM**

**The Supreme Lodge**  
**Saturday, March 13, 2010 at 9 AM**  
**The Embassy Suites Hotel**  
**909 Parsippany Blvd.,**  
**Parsippany, NJ**

*All requests, recommendation and grievances  
from Members, Lodges and Districts  
must be received at Headquarters no later  
than March 5, 2010*

Milan S. Kovac  
Supreme Secretary

Joseph S. Bielecki  
Supreme President

## Sokol Gymnastic Festival Trencin, Slovakia June 24-27, 2010

Below is an invitation from Sokol in Slovakia to their 3<sup>rd</sup> Sokol Gymnastic Festival. More information can be found on their website at [www.sokolnaslovensku.sk](http://www.sokolnaslovensku.sk). In addition, Brother Stephen Banjak, who regularly communicates with the Slovak Sokols, will share information that he receives regarding the upcoming event.

Participation by Sokol USA members is encouraged and the Supreme Lodge has approved a total of \$3,000 to be divided equally among Sokol USA participants, with a maximum amount of \$300 per Slet participant. Members seeking financial subsidy must make their requests through the National Directors.

Sisters and brothers,

Let me convey by this mail the invitation of Sokol in Slovakia to the 3rd Sokol Gymnastic Festival (Sokolske telovychovne slavnosti) to be held in Trencin, June 24 - 27, 2010.

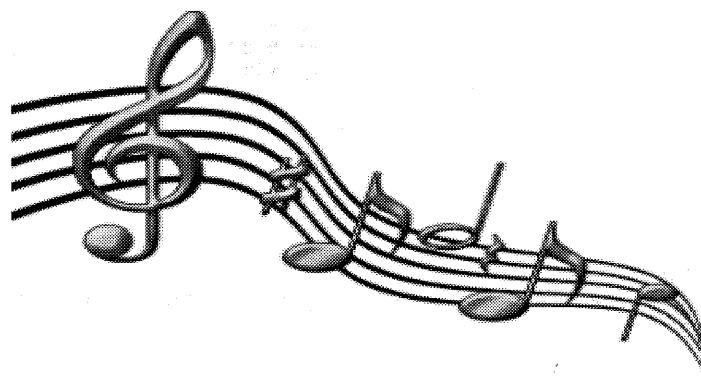
The competitions in table tennis, volleyball, artistic gymnastic, judo, bowling and "tug of war" will be prepared for the athletes. There will be possibility to participate in various cultural and social events and to get familiar with the history and present of Trencin region. At the end, there will be mass movement compositions show performed by individual Slovak Sokol districts and by Czech Sokols.

Accept, please, this mail as the first announcement. More detailed information will be provided in "Spravodaj III. STS" published also on web sites of Sokol na Slovensku: [www.sokolnaslovensku.sk](http://www.sokolnaslovensku.sk)

At the same time it is the invitation to the Meeting of the World Sokol Federation Board.

Nazdar!  
Vladimir Dostal  
WSF Secretary

## SACC 18<sup>th</sup> Annual Ball Saturday, February 13, 2010 New York Athletic Club



*Special Performance by Guest of Honor Eva Virsik*  
*Entertainment by Express*

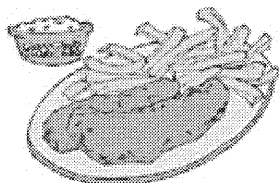
Tickets: \$160 per person / \$90 for students

For more information, contact:

Irena Sebo at 914-484-2602 or [isebo@optonline.net](mailto:isebo@optonline.net)

## Boonton Upcoming Event

**March 5**  
**Fish & Chips Dinner**  
4:30 to 7 p.m.  
Adults \$10 Children \$7



Featuring batter fried fish or chicken tenders, French fries, coleslaw, hush puppies, coffee, tea and dessert. Take-out is available. Snow date: March 6. For reservations or information, call 973-263-9831



Spending the Holiday with Friends



Members of Lodge 39/40W shared an afternoon of holiday cheer at their Christmas party on December 6<sup>th</sup> at McCooks' Restaurant in McCook, Ill. Above, Millie Mihalik, 95 years of age, (at the head of the table), socializes with members of Lodge 39/40W at the party. After a delicious meal and Christmas readings, members socialized and exchanged Christmas cards and homemade holiday baked treats. Everyone enjoyed the festivities and each member went home with a lovely poinsettia plant to brighten their home.



WORLD SOKOL FEDERATION ANNOUNCES  
FITNESS TESTS AND SPECIAL NUMBER  
VIDEO COMPETITIONS FOR 2010

Dear Sisters and Brothers,

As you certainly remember, the WSF Board, at its meeting in Fort Worth in June, decided to continue our common activities (with small changes) that we successfully practiced in previous years: motor tests and video show of stage motion compositions.

The tests can be done in a short term and "one-shot" way but, of course, we recommend fulfilling them in a long term way with the possibility of further training and gradual improvement. We do believe that you will parentally take charge of them and will gain as many enthusiastic gymnasts as possible.

Your best results should be sent to us by **June 12, 2010** (the same date for sending us your evaluation of video show). Please, send the results only in our standard tables!

Let us wish one another many successful participants from many Sokol units and districts. Nazdar.

Miroslav Vrana  
Director of Men

Lenka Kocmichova  
Director of Women

Vladimir Dostal  
Secretary

Note from the Sokol USA Directors:

Please be advised that American Sokol has offered to include Sokol USA gymnasts in their fitness tests competition and then forward the results to the WSF. Jane and Howie Wise will be organizing this competition in the coming year. There is a \$2.00 fee per gymnast entered; all gymnasts receive participation ribbons and winners receive medals. We will share all information as it is received. We will also post the rules for the WSF fitness tests, the point tables, the blank evaluation point table and the rules for the video special number competition on the Sokol USA website at [www.sokolusa.org](http://www.sokolusa.org).

START PLANNING NOW

2010 American Sokol  
Instructors School

July 11- 25, 2010  
Hosted by Sokol Greater Cleveland

Registration Deadline is May 15  
For additional information, contact  
Jane Wise, Instructor School Secretary,  
at 216-642-1429 or e-mail  
[HJWISE@sbcglobal.net](mailto:HJWISE@sbcglobal.net)

The American Sokol Instructors School (Course/Kurz) is a two-week training and education session that strives to develop future leaders and instructors for Sokol. Held during the summer (mid-July to early August), the school offers extensive leadership and instructor training in every aspect of the Sokol system. Students attending the school also have the opportunity to meet other Sokol youth from around the country and form long-lasting friendships. The school is designed to allow students to return in subsequent summers to supplement their training and education. The Instructors School offers a fun learning environment that will surely build memories, friends, and skills that will last for a lifetime.

American Sokol Instructors School welcomes any person with a strong desire to learn how to become a Sokol Instructor. The minimum age requirement for the school is 13 years old by August 1<sup>st</sup> of the school year. Students interested in the school should be actively involved in a Sokol class at their respective unit or lodge. The Instructors School also welcomes "non-traditional" students who may seek to improve their knowledge and depth as an instructor. Students interested in attending the school should talk with their unit or lodge director and fill out an application. The school is fun and unique experience that everyone should enjoy.

In addition to a comprehensive and well-planned curriculum, there are many other activities, such as group competitions in the areas of pyramids, marching, special numbers, calisthenics and talent show. There are also planned outings. The majority of the school is conducted at a Sokol Hall, but once a week students are treated to a "field trip." These trips vary by location and can include the beach, a swimming pool, amusement parks, and other nearby attractions.

Upon completion of the school, students conduct a formal graduation ceremony that demonstrates what they have learned over the two-week period. Parents and school alumni are always in attendance

for this exciting ceremony.

So start planning now. Sokol USA will pay the full tuition of any Sokol USA member to attend the 2010 American Sokol Instructors School in Cleveland with the recommendation of their Lodge Director and, prior to attending the school, the approval of the National Directors. The application deadline is May 15<sup>th</sup>. The national directors are anxious to hear from interested candidates.

American Sokol Instructor  
School Guidelines

The following are official guidelines for choosing which level a student may enter. There are 5 levels of students. *August 1<sup>st</sup> of the school year* is the date used to determine the age requirement for the levels:

**Novice:** A minimum age of 13. No previous schools attended or experience required.

**Beginner:** A minimum age of 14. *Novice school not a requirement.* No previous school attended or experience required.

**Intermediate:** A minimum age of 15. Must have attended and passed National American Sokol Novice or Beginner school with a score of 65% or have appropriate teaching experience.

**Advanced:** A minimum age of 16. Must have attended and passed a National American Sokol Intermediate school with a score of 65%, or possess appropriate teaching experience.

**Advanced II:** A minimum age of 17. Must have attended and passed a National American Sokol Advanced school with a score of 85% or appropriate teaching experience.

Curriculum

Below is a brief description of the Beginner Class Curriculum at a typical Instructors School. The curriculum changes per level – Novice, Beginner, Intermediate, Advanced, and Advanced II.

**Marching Tactics:** Perform frequently used marching commands, and lead a group march by giving those commands.

**Calisthenics:** Learn to read, write, and execute Sokol calisthenics terminology.

**Apparatus Terminology:** Learn to read and interpret Sokol apparatus terminology.

**Rhythmics:** Learn how to use  
(Continued on Page 7)

American Sokol  
Instructors' School  
Registration

Early Registration (prior to May 15)	\$325
Register between May 15-June 15	\$375
Late Registration (after June 15)	\$425



## LET'S GET INVOLVED

As the new Fraternal Activities Chairperson, I would like to introduce myself, Jennifer Moulton. My goal for this year is to get members and lodges more involved with themselves and their community.

We started off the year with a great new program, The Healthy Heart Walking Club. Now we need to start working on more ideas.

I encourage all lodges to get involved in their community. It will be an easy way to get your lodge together, be visible and make a difference. We can also create events or programs within our lodges. For example, game night, a book club or a trip to a local point of interest. This is not something that needs to be done every month. I encourage each lodge to at least plan one or two events this year. What are your ideas?

We could get involved with a national program called "Join Hands Day." May 1, 2010 is Join Hands Day. On this day, fraternalists and non-fraternalists work together to make a difference in their community by doing a project that connects and/or benefits all generations. Some examples of things that can be done are:

Host a fashion show with a silent auction for charity.

Collect children's books and donate them.

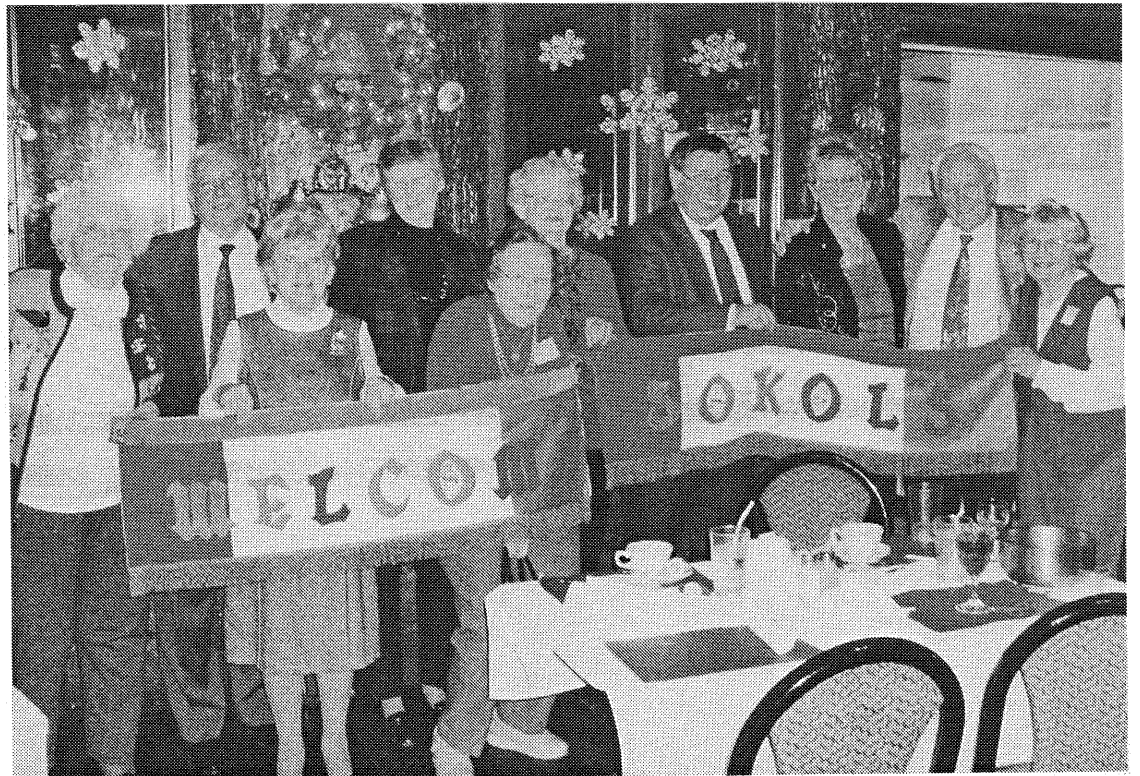
Teach a class about public safety.

Let's see how many lodges we can get involved with this national Join Hands Day program or within their community.

If you have any questions or ideas, please e-mail me at [bielecki.moulton@gmail.com](mailto:bielecki.moulton@gmail.com).

NAZDAR!

Jennifer Moulton



President Joseph Bielecki holds the welcome banner with other officers of Lodge 276 Pittsburgh at their annual dinner and social in December.

## LODGE 276 PITTSBURGH HOLIDAY CELEBRATION

As of January 1<sup>st</sup>, Brother Joseph Bielecki is officially the new Supreme Lodge President of Sokol USA. President Bielecki attended the Annual Lodge 276 dinner and social on Sunday, December 13, 2009. We were honored by his attendance as our guest.

President Bielecki spoke to the members and friends and encouraged all to spark good attendance at monthly lodge meetings and activities which can bring new ideas to the districts. We are proud to have him in his new position and all lodge officers present stood beside him and behind the

welcome banner.

Upcoming Lodge events are as follows:

April 25: MCT District Meeting  
August 29: Lodge 276 Annual Picnic at Evergreen Park.

NAZDAR!

Amelia Blistan  
Reporter for Lodge 276

## National Sport Encyclopedia in Slovakia (Národné Športové Centrum)

You are invited to visit the website of the National Sport Encyclopedia in Slovakia at [www.sportcenter.sk](http://www.sportcenter.sk)

The site was prepared by Associate Professor Anton Gajdos of Bratislava. The intention to create a National Encyclopedia of sport in Slovakia was presented to Slovak sports personalities on the occasion of a Slovak sports meeting, held on September 28, 2009 in Primate's Palace in Bratislava.

To know the past, present and to manage the future is a prerequisite for meaningful human activity in any area of life. Contributing to the fulfillment of this sequence in sport is a dynamic, multimedia Web publication entitled "National Encyclopedia of Sport in Slovakia." The publication is generated as a part of a project to build a documentation center for sport in the Slovak Republic in order to implement the National Sports Center.

The aim of the publication is to document and promote the history of sport in Slovakia in real

documentary and contemporary history of sport in Slovakia in real time and to preserve it for future generations. It is open to professional and lay persons alike. The ambition of the publication is to provide interesting information and documentation which can also be used in the creation of the educational programs in schools and will be offered for active participation in the creation of additional content.

The National Sports Encyclopedia is an open, continuous updating of online publications, which develops and promotes activities by welcoming all candidates. Equally welcome are fresh ideas, suggestions and constructive comments on content and technical publications as well as the reasonable correction of data that is sent to the addresses listed in the Contacts section.

Although the site is currently written exclusively in Slovak, we expect to have an English version very soon.

## Good Advice to Prevent Swine Flu

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).

2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).

3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.

5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. Drink as much of warm liquids (tea, coffee, etc) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

## A MEMORIAL GIFT

To the

## MILAN GETTING SCHOLARSHIP FUND

In appreciation of the Slovak Gymnastic Union Sokol of the USA

The following gift of \$1,000 is given

*In loving memory of my parents  
Stephan Francis Fronko  
And Amma Radakovich Fronko*

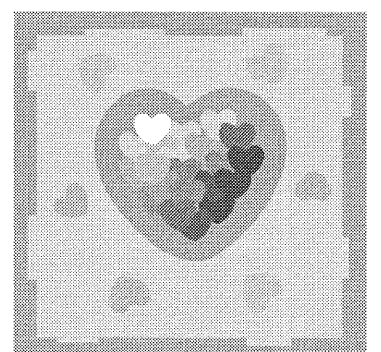
By Barbara Froehlich

## IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

## Happy Valentine's Day



XXXIII CONVENTION  
OF THE  
SLOVAK GYMNASTIC UNION SOKOL  
OF THE UNITED STATES OF AMERICA  
SOKOL U.S.A.

Held in Pittsburgh, PA  
From August 1 through August 5, 2009

SECOND SESSION  
Monday, August 3, 2009

The second session of the XXXIII Convention was called to order at 9:00 AM on Monday, August 3, 2009. Sis. Bea Walko, Chairperson of the Convention, requested that the Verification Committee Chairperson, Sis. Cindy Merker approached the podium for roll call.

**REPORT OF THE VERIFICATION COMMITTEE:**  
Advisor – Sis. Christine Coleman, Finance Committee Member  
Chairperson – Sis. Cindy Merker, Lodge 306, Chicago  
Member – Sis. Marge Stangl, Jan Kollar  
Member – Sis. Mary Kamenitsky, Lodge 2, Bridgeport

Sis. Merker took the roll call. The total number of votes is 100. The total number of Lodges represented is 16. There are 26 Lodge delegates, 4 District delegates, and 16 Supreme Lodge Officers.

Sis. Walko asked for a motion to accept the report of the Verification Committee. Motion was made and seconded... MOTION CARRIED.

Sis. Walko asked the delegation to review the minutes of the First Session, and turn in corrections throughout the morning. The delegation can vote to approve the minutes and any amendments at the next session.

Sis. Walko introduced Al Eglow, CPA, who has been servicing our organization for many years. Mr. Eglow stressed that fraternal organizations are service organizations. He reviewed Sokol USA’s assets and liabilities. He assured the Convention that the membership and their policies are adequately protected. However, he stated that our membership needs to grow; only 13% of our membership paid premiums or administrative fees this past year. Sokol USA suffered its first lost in the past four years, and was a result of the economic meltdown. Our solvency ratio (ratio of assets to liabilities) remains steady 199%; our society is quite solvent. He encouraged us to sell policies worth at least \$10,000.00. He complimented our programs and said our programs really set Sokol USA apart from other fraternal.

Sis. Walko thanked Mr. Eglow for his information. Bro. Todd Yatchyshyn asked if a piece of Mr. Eglow’s presentation could be used for our marketing purposes. Mr. Eglow to share it with us.

Sis. Walko then invited Allen Ferrone, our consulting actuary from CPS Actuaries, to present. Mr. Ferrone prepared and distributed a summary of Sokol USA’s 2008 annual statement. The report included charts that compare information such as Surplus, Assets, Solvency, Number of Membership Policies and Age Distribution of Membership. Mr. Ferrone noted that while we still have a large surplus, we suffered a decrease for the first time in 10 years due to the global economic conditions which resulted in a loss in value of common stocks. Mr. Ferrone stated that our biggest risk is the lack of membership growth.

Bro. Tomko asked about the average age of a new policy holder. Mr. Ferrone confirmed that the majority of new policy holders are between the ages 0 – 16; they are the new members that come through our athletic programs. Mr. Ferone noted that other fraternal created additional premiums for current members as a way to increase the number policies in force. Bro. Rich Yatchyshyn asked if we should do that in order to reach members who haven’t been paying premiums.

Sis. Walko thanked Mr. Ferrone for his presentation. She called for the report of the New Motions Committee.

**REPORT OF NEW MOTIONS COMMITTEE**  
Advisor – Bro. John Kamenitsky, Finance Committee Chair  
Chairperson – Bro. Emil Trgala, Lodge 12, Central Jersey  
Member – Bro. Bud Shannon, Lodge 255, Leechburg  
Member – Bro. Paul Brinley, Lodge 39/40W, Berwyn  
Member – Sis. Judy Stangl, Lodge 66W, Bethlehem

Bro. Trgala stated that six proposed resolutions were submitted to this Committee for recommendation. They were reviewed and the following action was taken.

Recommendation #1: submitted by the Supreme Lodge.  
**Subject:** Recommend that the immediate Past President of the SGU Sokol of the USA be invited to attend meetings of the Supreme Lodge with right to speak but no voting privileges.  
**Reason:** Many organizations and fraternal have adopted this policy. The past president may have knowledge and experience that the current officers may draw upon council and advice.  
**Recommendation:** The Committee moved for the adoption of this resolution.  
MOTION CARRIED.

Recommendation #2: submitted by Bro. John Kamenitsky.  
**Subject:** Recommend that effective January 1, 1995 the Sokol USA will issue insurance certificates in \$1,000 minimum and \$50,000 maximum coverage. The age limit for new member is to be 80. However, the mortuary benefit for members between ages 65 and 80 shall not exceed \$10,000.  
**Reason:** There maybe new insurance coverage products attractive to older members and potential members with the aging of our populations this increase in the age limit is reasonable.  
**Recommendation:** The Committee moved for the adoption of this resolution. Bro. Burkhardt, Lodge 26, asked if the date of 1995 should be corrected. Bro. Kovac and Sis. Walko said that it should. Sis. Yatchyshyn stated that this proposal is similar to what Mr. Ferone and Mr. Eglow recommended. MOTION CARRIED.

Bro. Trgala asked the delegation to review New Motion #3 and #4 simultaneously, even though they need to be voted on separately.

Recommendation #3: submitted by the Supreme Lodge  
**Subject:** Recommend that effective this convention, the Sokol USA will issue insurance certificates in the \$3,000 minimum and \$50,000 maximum coverage.  
**Reason:** The premium generated by the minimum face value fails to provide sufficient revenue to offset current expenses. The minimum value of \$1,000 fails to provide an ample benefit to the consumer to warrant retention of certificates by the member, thus we have individuals cash surrendering their certificates. The new mortality tables estimate longer lifetimes and therefore lower premiums.  
**Recommendation:** The Committee moved for the adoption of this resolution. Sis. Walko called for discussion. Bro. Bryan Pracko asked to review Recommendation #4 before considering Recommendation #3.

Recommendation #4: submitted by Lodge 306  
**Subject:** Eliminate the \$1,000 policy options and have the minimum face value offered for a policy be \$2,000.  
**Reason:** A much higher increase in the minimum face value would make it extremely difficult, if not impossible, to have a fair and reasonable fee for gymnasts or other participants to register for our program. If a higher minimum is required, Lodge 306 recommends a graduated increase over a few years instead of one large increase.  
**Recommendation:** The Committee moved for rejection. Discussion ensued.

Sis. Yatchyshyn acknowledged the need to sell higher policies; practically all of the gymnasts have purchased the \$1,000 policies. However, if Sokol USA sells twenty payment life policies, there is a likelihood that member will not stay active after their insurance expires. The value of selling \$1,000 policies, while it may not be monetary, is that those persons remain Sokol members, and a percentage of those remain active in Sokol programs. She recommends that we investigate whether we can keep the \$1,000 policies for at least the athletes in order to keep the price of our athletic programs affordable and competitive.

Bro. Burkhardt, Lodge 26, asked to review the rates of the different policies. Bro. Kovac advised the delegation that the rates are printed in the By-Laws. He noted that there are different prices for males and females.

Sis. Yatchyshyn requested that it would be easier for the Gymnastics Department if there was one price for males and females. Mr. Ferone said that you can have different minimum amounts for different age groups. Mr. Ferone said that it is possible to have one level premium for ages 0 – 16, he was not sure if it was possible to have the same price for males and females.

Sis. Debby Kruger, Lodge 401, wanted to compare the old \$1,000 rates with the new \$3,000 rate. The delegation did not have copies of the new rates. Sis. Charity Ruhl requested a recess to give time for copies of the new rates to be distributed to the delegation. She would need that information in order to know whether selling the higher policies is feasible for her athletes. Bro. Tomko seconded the recommendation for a recess.

There was a 15-minute recess. The meeting reconvened at 10:40 AM.

Bro. Kovac explained his position of protecting the Society’s assets and raising revenue. However, he understands the plight of the gymnastics programs and their fee structure. He can look into the possibility of having athletes purchasing lower policies.

Bro. Kamenitsky reminded the delegation that while the members that purchase a single payment and 3-payment policy are members for life, there is no real income associated with the policy.

Sis. Ruhl, Lodge 47, stated that while the members with single payment and 3-payment policies may not generating revenue for Headquarters, they generate money by supporting the hall & the Lodge itself. She also suggested that Sokol should explore hiring independent insurance agents to sell the higher policies.

Bro. Kovac reminded that the Lodges receive campaign rewards from headquarters for the policies that sell.

Bro. Pracko asked if there would be an age limit on lower policies for athletes. Bro. Kovac confirmed it would be ages 0 – 16. Bro. Pracko’s concern is the difficulty of recruiting adult athletes with expensive single pay or 3 – payment life. Bro. Kovac reminded the delegation of the four options for adult members.

Bro. David Walko cautioned of the difficulties his Lodge had trying to sell policies with different minimums.

Sis. Kristin Merker, Lodge 306, announced her Lodge’s amendment to their Recommendation so that it allowed for a \$2,000 policy for physical fitness



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participants under age 16. Sis. Brinley seconded the amendment. MOTION CARRIED.

The motion on the floor now reads:

**AMENDED Recommendation #4:** submitted by Lodge 306  
**Subject:** Eliminate the \$1,000 policy options and have the minimum face value offered for a policy be \$2,000 **for physical fitness participants under the age of 16.**  
**Reason:** It would be very difficult to make a substantial increase in premium and still be able to enlist any new participants into any of our programs.  
**Recommendation:** Sis. Walko called for vote. A hand vote was necessary. Sis. Walko called on the Election and Ballot Committee. 28 votes For and 16 votes Against. MOTION (to reject the recommendation) CARRIED.

The New Motions Committee now returned to Recommendation #3:  
**Subject:** Recommend that effective this convention, the Sokol USA will issue insurance certificates in the \$3,000 minimum and \$50,000 maximum coverage.  
**Reason:** The premium generated by the minimum face value fails to provide sufficient revenue to offset current expenses. The minimum value of \$1,000 fails to provide an ample benefit to the consumer to warrant retention of certificates by the member, thus we have individuals cash surrendering their certificates. The new mortality tables estimate longer lifetimes and therefore lower premiums.  
**Recommendation:** The Committee moved for the adoption of this resolution. Sis. Yatchyshyn requested a good faith effort on the part of the Supreme Lodge to see if athletes can purchase a lower amount. Bro. Kovac agreed to review it. MOTION CARRIED.

Recommendation #5: submitted by Lodge 12, Central Jersey  
**Subject:** Recommendation that the Supreme Secretary seek a merger partner, including using the resources of the National Fraternal Congress as part of our future strategic plan.  
**Reason:** If current trends in membership and activity levels continue, it may become necessary to merge at some future time. It will be prudent for Sokol USA to be informed and prepared to secure the best possible agreement should a merger be in our future.  
**Recommendation:** The Committee moved for rejection, as the resolution was pre-emptive to the duties of the Supreme Lodge. The Committee respects the ability of the Supreme Lodge to look at all options for the future of Sokol USA on behalf of its membership. Sis. Kruger is wondering if investigation into a merger is ongoing, then can the delegation be informed. Sis. Walko discussed the difficulties of discussing mergers, because merger and acquisition go hand in hand. Bro. Burkhardt asked what is required to approve a merger. Bro. Kovac stated that a Convention would need to approve a merger, and noted that Sokol USA is often approached to merge. MOTION (to reject the resolution) CARRIED.

Recommendation #6: submitted by the Supreme Lodge  
**Subject:** Amend the number of members of the Supreme Lodge. The Supreme Lodge shall consist of the following officers, who also constitute the Board of Directors: Supreme President, Supreme Vice-President, Supreme Secretary / Treasurer, the Financial Committee consisting of six (6) members, Director of Women & Men, and Chairperson of the Cultural Activities Department.  
**Reason:** The majority of Fraternal Societies have Boards of Directors consisting of nine (9) to eleven (11) Directors. Presently our Society has fourteen (14) Directors, and our society has less than 6,500 benefit certificates in force. Of the total number of numbers, there are less than 1,800 paying premiums or administration. Additionally, and unfortunately our active gymnastic programs consist of less than 200 participants. The membership and declining number of active participants does not warrant a large number of Board of Directors.  
Adoption of this resolution would remove from the Supreme Lodge the following Officer(s) of Member:

1. Supreme Treasurer – the following by-law section would be eliminated: Art. VI Section 16. Remove from by-laws. Currently, the duties of the Supreme Treasurer as defined in Section 16, include (a) Receive from the Supreme Secretary as matter of normal course of business procedure, provides this information to the entire Supreme Lodge. Section 16. (b) Countersign all checks for payment... etc. This duty may be assigned to another officer, either Vice President or Chair of the Finance Committee. Section 16. (c) Verify and certify Annual Statement. The certification and verification of these statements requires a minimum of two officers, therefore, the Supreme President, Supreme Vice-President and Supreme Secretary may sign and verify statements.
2. Finance Committee – the reduction of the size of the Finance Committee to six (6) members from seven (7) is recommended due to: the assets of the Society no longer include the voluminous number of mortgages it once held. Our primary assets are bonds (75.2%), stocks (9.0%), mortgage loans (7.7%), cash and other invested assets (7.9%). Historically, this Society has had almost 30% or more of its assets in mortgages which required a great deal of oversight and that is no longer necessary.
3. A Director of Women or Men – presently both Physical Directors are members of the Supreme Lodge. The active participants in our gymnastic and sport programs have declined to a level of under 250 people. The decision to recommend a candidate for this position would still come from the Gymnastics Department meeting. And, as provided in our by-laws,

nominations for the position may still come from the Convention delegates.  
**Recommendation:** The Committee moved for the adoption of the resolution.

Bro. Bryan Pracko surveyed the delegation; the majority of delegates had joined Sokol USA because of the physical fitness benefits as opposed to the life insurance benefit. He feels it is necessary to maintain both voices and votes on the Supreme Lodge because most members join Sokol because of their sports programs.

Sis. Kristin Merker, Lodge 306, reminded the delegation that the guest speakers yesterday encouraged us to embrace youth members and that, in Sokol USA, organized physical activities is where most of the youth members are. She felt losing a National Director on the Supreme Lodge would be a step backward for the organization.

Sis. Ruhl thanked the delegation and organization for their support in the re-activation of the Monessen Lodge. She feels that Sokol’s Athletic Department is in a re-building phase. All three positions proposed to be cut from the Supreme Lodge are necessary if Sokol hopes to grow. She reminds the delegation that youth members cannot vote, nor do they count towards the votes awarded to the Lodge. She feels that maintaining both Directors on the Supreme Lodge ensures the youth vote is represented.

Bro. Scott Pracko clarified and corrected the resolution that stated there are less than 200 active participants. The Gymnastics Department’s 2008-2009 Lodge reports of the 5 gymnastically active lodges alone state there are 290 participants – which is a 10% increase from the 2007-2008 year. Bro. Pracko stated how many additional members are necessary and needed to support the program, that are not included in those “active member” figures.

Bro. Todd Yatchyshyn stated that our Actuaries this morning advised us to explore attractive and interesting programs. Most recently, new programs have been generated by the youth movement in active Lodges and therefore they should be represented by a position on the Supreme Lodge.

Bro. Tomko asked for a clarification on the motion. Bro. Kovac explained the intent of the motion was to condense the Supreme Lodge and spread the downsizing throughout different department and bodies. The intent was not to create a division among departments.

Sis. Karen Ondira, in her experience, supports the idea that there should be two representatives on the Supreme Lodge.

Sis. Yatchyshyn noted that while other fraternal organizations may have smaller Board of Directors, they do not offer the extensive programs that we do: gymnastics, volleyball, bowling, golf, martial arts, cheerleading, tots and rhythmic. She stated that keeping representation on the Board is imperative to keeping our programs.

Sis. Brinley supports Sis. Yatchyshyn in that Sokol USA is a unique organization. To restructure our Board simply because other fraternal organizations have restructured theirs is not enough of a justification. Sis. Brinley requests to vote by paper ballot.

Bro. Gerald von Schwedler, Bro. Bryan Pracko, Bro. Burkhardt, Bro. Tomko and Sis. Check contributed to the discussion over process and procedure of paper ballots.

The Election and Ballot Committee reported that the MOTION REJECTED.

Sis. Walko dismissed the New Motions Committee and called for a 10-minute break.

The meeting reconvened at 12:20PM. Sis. Walko called upon the Election and Ballot Committee.

**REPORT OF THE ELECTION AND BALLOT COMMITTEE**  
Advisor – Sis. Joanne Check, Finance Committee Member  
Chairperson – Sis. Anne Marie Brinley, Lodge 39/40W, Berwyn  
Secretary – Sis. Debby Kruger, Lodge 401, Tampa  
Member – Sis. Pat Blistan, District MCT  
Member – Bro. John West, Lodge 16, Braddock

The Election and Ballot Committee nominates the following:

President –	Sister Bea Walko
Vice President –	Brother Scott Pracko
Treasurer –	Sister Judy Smith
Financial Secretary –	Brother Milan Kovac
Finance Committee –	Brother Joseph Bielecki
	Sister Joanne Check
	Sister Christine Coleman
	Sister Debbie Golden
	Brother John Kamenitsky
	Brother Gerald von Schwedler
	Brother David Walko
Chairperson of Cultural Activities – Sister Christine Yatchyshyn	

The Gymnastic Department shall nominate the candidates for the Office of Director of Men and Director of Women, and shall recommend to the convention that the nominees be elected by the convention to their respective offices.

**Nominations for President.**  
Sis. Walko did not accept the nomination. Sis. Walko thanked the delegation for the

(Continued on Page 8)

# INSTRUCTOR SCHOOL

(Continued from Page 3) and teach others to use rhythmic apparatus.

**Combatives and Pyramids:** Learn the basic combatives and resistives as well as pyramid building and spotting.

**Games:** Learn and play a plethora of games which can be implemented in various gym classes.

**Practice Teaching:** Formulate and execute a mini class lesson (warm-up, apparatus, game/conditioning) with actual children or fellow classmates.

**Spotting and Progressions:** Learn to spot basic gymnastic moves on all apparatus. Involves plenty of hands-on learning.

**Dancing:** Learn simple and fun traditional folk dances.

**Singing:** Sing Czech and American anthems and songs.

**Flexibility and Warm-ups:** Learn proper warm-up procedure and methods to increase flexibility.

**Safety and First Aid:** Learn basic (essential) first aid and safety training.

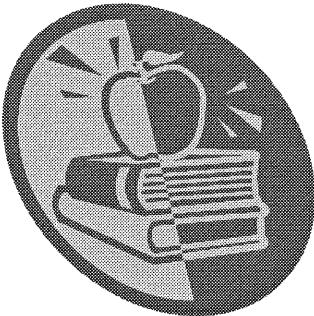
**Sokol History and Organization:** Learn the history and current organization of American Sokol and Sokol as a whole.

**Biomechanics:** Learn the physics behind how and why the body moves.

**Exhibition:** Learn how to conduct an exhibition.

**Conditioning:** Learn different and fun methods which can be used for conditioning.

**Skills Improvement:** Students will also have the opportunity to practice and improve their gymnastic/rhythmic skills.



## Who Needs Money for College?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (1-888-253-0362 or [SOKOLUSAHQS@aol.com](mailto:SOKOLUSAHQS@aol.com)) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2010-2011 academic year must be received at Sokol USA by April 1, 2010. New scholarship recipients will be announced by June 1, 2010.

**Reminder: All current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29<sup>th</sup>. Please contact Sokol USA headquarters with any questions.**

## 6% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 6.00% rate of interest. Annuities are a very sound investment for your retirement years.

For information and an application, write to the home office at 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019 or call our toll free number at 1-888-253-0362.

## Attention Sokol Farrell, PA Lodge 103 Members

Applications and eligibility requirements for the **“Steve Banjak Memorial Scholarship”** are available by downloading the three-page form from our web site: <http://sokolfarrell.org> Click on News and Events > Scholarship.

The deadline for receipt of completed application by the Scholarship Committee is May 15, 2010.

Applications can also be received by writing to Brother Melvin Slezak, 6850 Seneca Road, Sharpsville, PA 16150-8418.

## WE WANT YOUR NEWS!

Share news about your Lodge, District or personal achievements and milestones with The Sokol Times. Send information and pictures to:

**Sokol USA**  
**Attn: Sokol Times**  
**276 Prospect St., P.O. Box 189**  
**East Orange, NJ 07019**  
**or [SOKOLUSAHQS@aol.com](mailto:SOKOLUSAHQS@aol.com).**

Deadlines are as follows:

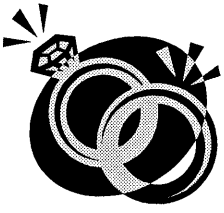
ISSUE	DATE
March	Monday, February 22
April	Monday, March 22
May	Thursday, April 22
June	Friday, May 21
July	Tuesday, June 22
August	Thursday, July 22
September	Friday, August 20
October	Wednesday, September 22
November	Friday, October 22
December	Monday, November 22
January 2011	Wednesday, December 22

# SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

*The Sokol Times Social Page is a new way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.*

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 276 Prospect Street, P.O. Box 189, East Orange, NJ 07109-0189. Information and photographs also may be e-mailed to: [SOKOLUSAHQS@aol.com](mailto:SOKOLUSAHQS@aol.com)

## ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HOMETOWN: \_\_\_\_\_

SOKOL LODGE: \_\_\_\_\_

YEARS MARRIED (IF APPLICABLE): \_\_\_\_\_

## BIRTHDAYS



NAME: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_


AGE: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HOMETOWN: \_\_\_\_\_

SOKOL LODGE: \_\_\_\_\_

## PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HOMETOWN: \_\_\_\_\_

SOKOL LODGE: \_\_\_\_\_

EVENT: \_\_\_\_\_

*Photographs are not required, but they do add to the presentation. Please include a self addressed, stamped envelope if you would like your photograph returned.*

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opportunity to serve. The delegation gave Sis. Walko a standing ovation. Bro. Matt Blistan, Sr. nominated Bro. Joe Bielecki for President. Bro. Tomko seconded nomination. Bro. Bielecki accepted nomination. As there were no other nominations, the Committee moved to close nominations. Seconded. MOTION CARRIED.

**Nominations for Vice-President.**

Bro. Scott Pracko accepted the nomination. As there were no other nominations, Bro. Bryan Pracko moved to close nominations. Sis. Karen Ondira seconded. MOTION CARRIED.

**Nominations for Supreme Secretary.**

Bro. Kovac accepted the nomination. As there were no other nominations, Sis. Nancy Shurina moved to close nominations. Bro. Blistan seconded. MOTION CARRIED.

**Nominations for Treasurer.**

Sis. Smith did not accept the nomination. Sis. Karan Ondira nominated Bro. Burkhardt for Treasurer. Sis. Judy Smith seconded. Sis. Yatchyshyn thanked Sis. Smith for all of her years of service. The delegation gave her a standing ovation. Bro. Burkhardt accepted the nomination. As there were no other nominations, Bro. Bryan Pracko moved to close nominations. Bro. Von Schwedler seconded. MOTION CARRIED.

**Nominations for the Finance Committee.**

Sis. Joanne Check accepted the nomination. Sis. Tina Coleman did not accept the nomination. Sis. Debbie Golden accepted the nomination. Bro. Kamenitsky accepted the nomination. Bro. von Schwedler accepted the nomination. Bro. Walko accepted the nomination. Bro. Kruger nominated Bro. Emil Trgala. Sis. Helen Kobryn seconded. Bro. Trgala accepted the nomination. Sis. Brinley nominated Bro. Paul Brinley. Bro. Sopoci seconded. Bro. Brinley accepted the nomination. Bro. Bryan Pracko moved to close nominations. Sis. Walko seconded. MOTION CARRIED.

**Nominations for Cultural Activities Chairperson**

Sis. Yatchyshyn did not accept the nomination. Sis. Debbie Golden nominated Sis. Jennifer Moulton for the Cultural Activities Chairperson. Sis. Yatchyshyn seconded. As there were no other nominations, Sis. Ondira moved to close the nominations. Bro. Bryan Pracko seconded. MOTION CARRIED.

**Nominations for President of Supreme Court.**

Bro. Joe Dubovi accepted the nomination. As there were no other nominations, a motion was made to close nominations. Seconded. MOTION CARRIED.

**Nominations for Gymnastics Department Director of Men and Women.**

Sis. Yatchyshyn accepted the nomination. Bro. Todd Yatchyshyn accepted the nomination. As there were no other nominations, Sis. Ondira moved to close nominations. Bro. Bryan Pracko seconded. MOTION CARRIED.

**Nominations for Honorary President**

Bro. Sopoci nominated Sis. Walko to the position of Honorary President. Motion seconded. Bro. Kamenitsky asked for discussion. MOTION CARRIED. Sis. Walko thanked Sis. Coleman, Sis. Smith, Bro. Yatchyshyn, and Sis. Ondira

**Nominations for Honorary Chief Physical Director**

Bro. Todd Yatchyshyn nominated Sis. Ondira for Chief Physical Director. Bro. Joe Dubovi seconded. MOTION CARRIED.

**Nominations for Honorary Treasurer**

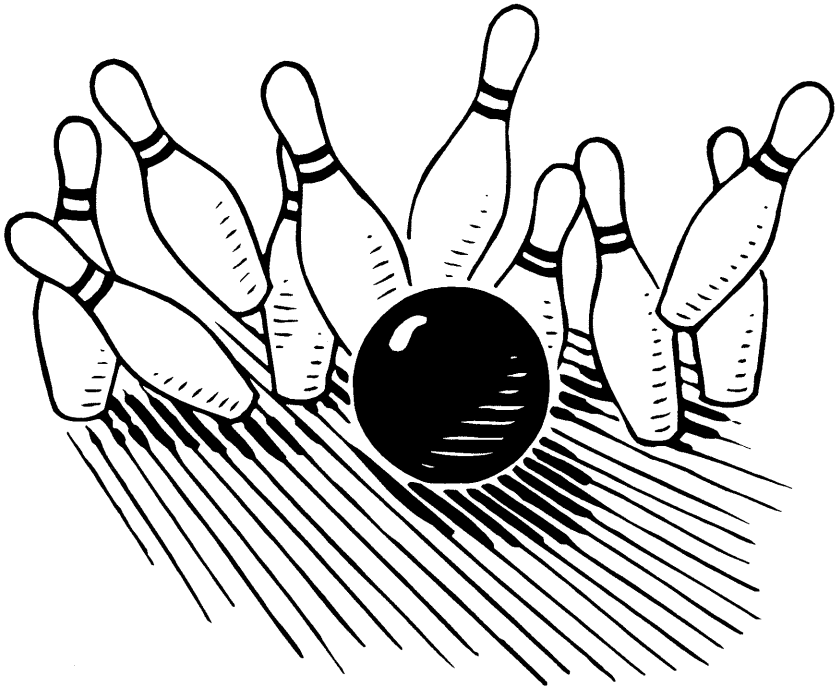
Sis. Check nominated Sis. Smith for Honorary Treasurer. Bro. Walko seconded. MOTION CARRIED.

Sis. Walko dismissed the Election and Ballot Committee.

At 12:55 PM, Sis. Walko announced we would recess for lunch. The third session of the Convention will commence at 2:00 PM.

*Respectfully submitted, Brandi Kovac.*

**SAVE THE DATE**



**National Bowling Tournament  
May 15 & 16, 2010  
Bethlehem, PA**

- - -

**Annual Gymnastic Exhibition  
Sokol USA Lodge 306  
Saturday, April 10, 2010  
Chicago, IL**

**DONATIONS GRATEFULLY  
ACKNOWLEDGED**

**To the Sokol USA Gymnastic Fund**

From Lodge 93, Bethlehem, Pa. \$25.00  
Wishing everyone Happy New Year

**To the Milan Getting Scholarship Fund**

From Lodge 93, Bethlehem, Pa. \$50.00  
Wishing everyone Happy New Year

**IN MEMORY**

*Of our deceased Brother and Sister Sokols with a  
sincere expression of sympathy to their families  
from the Supreme Officers of Sokol U.S.A.*

**WALTER SIMKO** – (1924-2009) A member of Lodge 122, Kenosha, Wis. He is survived by his wife, Rita, and his son.

**MILDRED L. STURMAN** – (1912-2009) A member of Lodge 164, Detroit, Mich. She is survived by her daughters.

**JOHN TURJONIS JR.** – (1917-2009) A member of Lodge 146, Youngstown, Ohio. He is survived by his sons and daughter.

**FLORENCE LESTER** – (1933-2009) A member of Lodge 42W, Tarrytown, N.Y. She is survived by her husband, two sons and six grandchildren.

**HELEN A. SOVA** – (1915-2009) A member of Lodge 32, Boonton, N.J. She is survived by her son.

**BARBARA BRAINARD** – (1921-2009) A member of Lodge 115W, Gary, Ind. She is survived by her daughter.

**STEPHEN M. BLAZEK** – (1929-2010) A member of Lodge 500, East Orange, N.J. He is survived by his wife.

**PAULINE SISKKA** – (1917-2009) A member of Lodge 214, Palmerton, Pa. She is survived by her daughters.